



Sunguarding Sport

A NEW sun protection campaign to help prevent skin cancer and sun damage for all in sport and outdoor recreation.

Five top tips:

1 UV rays cannot be seen or felt, so check the UV index and sun protect when it's 3+.

2 A short training session can last for hours, so 'sun prepare' before you start activity.

3 Sunscreen can wear, wash or rub off, so reapply regularly throughout the day.

4 To avoid a greasy grip use a sunscreen applicator or clean palms with a small towel and alcohol gel.

5 When removing clothing, apply sunscreen to newly exposed areas of skin.

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www.melanoma-fund.co.uk

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